



The Journal

Vol. 27

No. 47

www.cnic.navy.mil/bethesda/

November 19, 2015

Warrior Care Month: Show of Strength, Resiliency

By **SHARON RENEE TAYLOR**
WRNMMC Public Affairs Staff
Writer

Each November, the Department of Defense celebrates wounded, ill and injured service members as well as their families during Warrior Care Month. The theme for the 2015 commemoration, "Show of Strength," honors the courage, commitment, accomplishments, and resilience they demonstrate.

Warrior care means building resilience and ensuring service members are strong in mind, body and spirit, said assistant surgeon general for Warrior Care and commander, Warrior Transition Command, Army Col. Christ Toner. Throughout the month, events and activities increase awareness of the significant achievements and milestones that often occur during the recovery, rehabilitation, and reintegration or transition process.

A healing arts recognition ceremony as well as adaptive sports competitions held throughout the National Capital Region in November focused on ability, not disability, and recognized the achievements of wounded, ill and injured service members, according to James Rodriguez, the deputy assistant secretary of defense for

Warrior Care Policy. Sports competitions during the month-long recognition of Warrior Care included a sitting volleyball tournament and a wheelchair rugby exhibition.

In honor of Warrior Care Month, an Airman, a Soldier, their caregivers, a Sailor and a Marine all shared their stories of strength and resilience at Walter Reed National Military Medical Center (WRNMMC) and beyond.

Recovery

After chemical exposure during his deployment to Eastern Europe for Operation Atlantic Resolve in December 2014, Senior Airman Justin Deskin said he has had more than a hundred tests and procedures during his recovery. His mother Heather said she gains strength from her son, watching him endure physically exhausting episodes of intense pain and seizures, as well as recovering in the intensive care unit or using a wheelchair, afterwards.

"I see it every day," Heather said. "What inspires me to keep going is seeing his positive attitude that he wakes up with. It's surprising that he stays positive with what he has to go through." She said she draws strength



PHOTO BY EJ HERSOM, DOD NEWS

Marine Gunnery Sgt. Ralph DeQuebec (right), of the USA Warriors sled hockey team, plays in the National Hockey League's Winter Classic 2015 at Nationals Park in Washington, D.C. earlier this year. He says, "Success is bred through competition."

from her son. The proud mother said her son is naturally strong, but "it's different." He finds that inner strength that he needs to make his own day better and for those around him, too, Heather explained.

Likewise, Deskin said his mother adapts quickly "no matter what" and exudes a cool, humble strength. "No matter who it is, what kind of char-

acter they have, the day that they're having, she's always got a smile on her face...a lot of us get frustrated while we're here and sometimes we're very short. She'll sit there and she'll listen to them and it doesn't matter the type of character, she can handle every single person here...and she sits

See **WARRIOR**
Page 8

TRAFFIC SAFETY AWARENESS – A Message from your Installation Safety Director

By **JIM GANZ**
NSAB Safety Director

Very recently, a tragic accident occurred just outside our South Gate that claimed the life of a motorcycle rider.

While the exact circumstances of that accident have not yet been released, I hope that at least some of you may have given this incident some thought and wondered if some of the decisions and actions you make while walking, riding and/or driving are putting yourself (and those around you) at increased risk of injury - or worse. Have you ever asked yourself these questions?

When you are driving, are you paying attention to the road ahead? Are you talking (or worse, texting) on your phone while behind the wheel? Are you busy adjusting something inside your

car or on your person when you really should be paying attention to what's going on outside your vehicle? Did you see that pedestrian darting out from between those two parked cars? When you hear the sirens of police or emergency vehicles, do you immediately stop and pull over as far as you can, out of the way? Or do you not bother to slow down; and maybe dart across the intersection because "Hey, I can make it through and then I can stop - and maybe they won't be coming my way anyway"? Do you watch the pedestrian signal count down and do you speed up so you can make it through the intersection before the light changes? Does the yellow light ahead make you stomp on the accelerator to beat the red?

When you are riding (a bicycle or motorcycle), are you wearing your proper

personnel protective equipment? Bicyclists, do you stop as required at all traffic signs and signals? Motorcycle riders, are you weaving in and out of traffic or driving between stopped vehicles? Bicycle riders, do you feel that riding your bike also fills you with a sense of "entitlement"? Motorcyclists, is the need for speed your narcotic?

Pedestrians, do you cross at the designated crosswalks? Do you obey traffic signals and wait for the "WALK" light? Do you look both ways before crossing, and only cross the street when you are sure the driver has seen you and will stop for you? When you crossed against the light, did you assume that the driver in the turn lane was going to make the left turn; when did you notice that it was making a U-turn instead? Are you aware that when you are stuck

halfway across the roadway on that little strip of curb between traffic lanes, the back half of your body is sticking out into oncoming traffic? And that when you do this, you are relying on the driver to notice you and move out of the way?

To everyone: how would you feel about the value of those few extra seconds when you are turning over your driver's license and registration to a police officer; or exchanging insurance information with another driver after a collision; or walking around on crutches; or trussed up in some hospital bed...or worse; because of those decisions you made in the interest of shaving some 'precious' time off your commute?

Please think about the impact your decisions can have.

COMMANDER'S COLUMN



By **CAPT. MARVIN L. JONES**
Commanding Officer
Naval Support Activity Bethesda

As we approach the 2015 holiday season and all that it entails, it's important for us to remember the true meaning behind the holidays – that is, being thankful for what we have, appreciating those around us, spending time with them and taking part in the joys of the season.

Thanksgiving begins the holiday season. It's the ideal time to pause from our busy schedules, put down the electronics and truly spend time with those we love and care for. It's a time of reflection and reunions with family. We might even enjoy some football games on TV.

When we sit down at the table with those who are special in our lives, we should also take a moment to think about all those service members who won't be spending Thanksgiving with their families because they are defending our freedom. Please keep them in

your thoughts and prayers as you join hands in prayer with your family before enjoying a bountiful meal in the comfort and safety of your home.

Many people around the world don't and can't enjoy the things we have and take for granted throughout the rest of the year – food, health, shelter and tremendous opportunity. But these things pale in comparison to what really matters – the love of family and friends to lean on and the support of our nation, community and neighbors.

So let's watch out for each other. Be social and enjoy the season, but make sure those you care about don't engage in potentially dangerous behavior such as drinking and driving, drinking in excess or riding with those who do. Don't be afraid to intervene. In fact, make it a point to do so. You may save lives. We all work too hard, so don't jeopardize the future by over-indulging.

If you plan to travel, please do it safely. Get plenty of rest before beginning travels and plan ahead for your trip. Don't wait until the last minute and take unnecessary risks. Make sure your vehicle is in good and safe working order if you plan to drive. Make sure that a family member or neighbor knows where you are going and when you plan to arrive.

Once again, the true spirit of the holidays is about people and being together. The time we spend with those we love and care for is special and is what we will remember more than material possessions. Material things can be replaced, but the love, friendship and camaraderie we share with those around us is one of the most precious gifts that we can give or receive during this holiday season and throughout the year. Be generous with them!

From me and my family and on behalf of the entire Naval Support Activity Bethesda team, I want to wish you and your families and friends a wonderful, safe and happy Thanksgiving.

Happy Holidays,
Marvin L. Jones, Capt., MSC, USN
Commanding Officer
Naval Support Activity Bethesda

Bethesda Notebook

American Indian Heritage Month

The Multicultural Committee at Walter Reed National Military Medical Center will host a celebration for National American Indian Heritage Month on Nov. 20 in the America Building first-floor lobby at 11:30 a.m. Everyone is invited to attend. For more information, contact HMC Reese at 301-319-2624 or HM2 Silvey at 301-295-4263.

Blood Donor Challenge

The 5th Annual Army-Navy Blood Donor Challenge is underway and lasts through Dec. 8. Participants are urged to cast their votes for the Army or Navy when they donate blood or platelets at the Donor Center in Bldg. 9 at Walter Reed National Military Medical Center (WRNMMC). Those interested in participating can stop by the Donor Center or call 301-295-2104 to make an appointment to donate. For more information, visit online at www.militarydonor.com using sponsor code NNMC.

WRNMMC Town Hall

The next town hall meetings for Walter Reed National Military Medical Center staff members are Dec. 8 at 7 a.m. and noon in the Memorial Auditorium. All WRNMMC staff members are encouraged to attend one of the meetings.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

| | |
|--|-------------------------|
| Commanding Officer: Capt. Marvin L. Jones | NSAB Ombudsman |
| Public Affairs Officer: Ronald D. Inman | Michelle Herrera |
| Public Affairs Office: 301-295-1803 | 240-370-5421 |
| Journal Staff | NSAB Chaplain's Office |
| Managing Editor | 301-319-4443/4706 |
| WRNMMC Editor | Sexual Assault Response |
| Staff Writers | Coordinator Hotline |
| MC3 Hank Gettys | 301-442-2053 |
| Andrew Damstedt | |
| Sarah Marshall | |
| Sharon Renee Taylor | |
| Joseph Nieves | |
| Jamie Petroskey | |
| NSA Bethesda | |
| Fleet And Family Support Center | 301-319-4087 |
| Walter Reed National Military Medical Center | |
| Office of Media Relations | 301-295-5727 |
| NSAB Emergency Information Line | 301-295-6246 |

Visit us on Facebook:

Naval Support Activity Bethesda page:
<https://www.facebook.com/NSABethesda>

Walter Reed National Medical Center page:
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>

Uniformed Services University of the Health Sciences page:
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?ref=ts>

Safe Harbor Puts Focus on Wounded Warrior Caregivers

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

While November has been designated as Warrior Care Month, their caregivers can often be overlooked, so that's why the Navy Wounded Warrior Safe Harbor Family Symposium put a spotlight on those who care for wounded, ill or injured service members.

"It's important for us to focus on our caregivers and our families a little bit," said Capt. Brent Breining, Commander CNIC Navy Wounded Warrior Safe Harbor, adding that often times the caregivers "don't have a voice because the focus is on the service member."

In a panel of service members who have been helped by Safe Harbor and their caregivers held at the USO Warrior and Family Center at Bethesda Oct. 30, it was mentioned by some that their lives were put on hold after an injury or diagnosis of a serious illness.

"You have this idea that you're supposed to get married and have a family and a house and all of that and when he was diagnosed we had started to do that," said Jeanna Hearndon, whose husband Hospital Corpsman 3rd Class Joshua Hearndon was diagnosed with brain cancer. "So right now, my life is on hold. My life is taking care of him. The whole aspect of what we should be doing has now changed."

She said she gets help by going to support groups for caregivers of cancer patients.

Linsie Ojard said marrying a husband with post-traumatic stress disorder (PTSD) wasn't something that she signed up for; saying that suddenly after their wedding there was "this monster" that needed to be dealt with.

"It just wore me out, dealing with

the PTSD," she said. "Where was this when we were dating? This wasn't here," she said. "And so I'm angry and frustrated ... My anxiety got so bad that I had to remove myself from the situation so I could take care of myself. So I could come back with a clear head. We're working toward that reconciliation right now."

Retired Navy Lt. Aaron Ojard said he hadn't heard of Safe Harbor until he was involved in an intensive outpatient program and was told to stop by their offices to see what they could do to help. He said Safe Harbor put him on a recovery plan, which told he and his wife everything they needed to do, and when, from that time forward.

"I'm a calendar checklist kind of person," Linsie said. "(Safe Harbor) gave us a printout of what we needed to do, the things we needed first. We checked those off, then got to the next things on the list."

Cynthia Gibson, whose son, U.S. Navy Hull Technician Fireman Ryan Gibson was stationed in Guam when he was injured, said it was a difficult battle to get the medical attention her son needed in Guam. However, Safe Harbor helped get her son moved to Walter Reed National Military Medical Center (WRNMMC) and got everyone treating her son on the same page.

Still, she said communication could have been better from the time her son was injured, between all parties responsible for taking care of her son.

"Everybody needs to come together because this is one person and we need to treat the whole person," she said.

She said she didn't know of any assistance programs for family members when she first came to Naval Sup-



PHOTO BY MCI JUAN PINALEZ

Retired Lt. Aaron Ojard, a Navy Wounded Warrior — Safe Harbor panelist, shares his recent life story since joining the program and how it has helped him. The panel is part of the Wounded Warrior Family Symposium, held at the USO Warrior and Family Center on board Naval Support Activity Bethesda.

port Activity Bethesda (NSAB), but through Safe Harbor's assistance she was able to find lodging so she could stay near her son while he was being treated at the medical center.

Navy Chief Ching Dressel said when she was diagnosed with myelodysplastic syndrome, life completely changed for her and her husband, Billy Dressel, who is active duty Army. She said their plans for starting a family were put on hold so they could focus on getting her a bone marrow transplant.

"It wasn't until Safe Harbor jumped in, that [I feel it was recognized that] this is a Sailor, this is someone who is invested in the Navy ... not just another number, she became Ching and Safe Harbor brought Ching to the table and this is what the Navy needs to do for her," Billy said.

Before the panel discussion, keynote speaker Melissa Walker, National Intrepid Center of Excellence (NICoE) art therapist, spoke of how

art therapy has helped service members and their families. Specifically she spoke of the mask-making project that each service member is exposed to during their four-week stay at the NICoE.

"We try to have family art therapy sessions and there have been powerful family sessions," Walker said. "One that comes to mind, every family member made a mask surrounding what it was like to have a parent with post-traumatic stress disorder and they were all able to process that together and there were things that they hadn't said to each other, ever. I think for the service member it was a huge step, but for the children to hear him — how much guilt — what he was dealing with was huge."

For more information about Navy Wounded Warrior Safe Harbor, visit safeharbor.navylive.dodlive.mil/ or email navywoundedwarrior@navy.mil.

Great American SmokeOut Set For Nov. 19

By **JOSEPH NIEVES**
WRNMMC staff writer

Almost a quarter of service members smoke cigarettes and on Nov. 19, Walter Reed National Military Medical Center's (WRNMMC) tobacco cessation counselors are going to help you quit.

The tobacco cessation counselors, along with the Integrated Health Wellness Services/Internal Medicine Department are providing individual appointments, one-time class options or online programs to assist smokers in taking the first steps toward quitting.

"Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet an estimated 45 million Americans still smoke," explained Carolyn Mesnak, public health educator, Integrated Health and Wellness Service, WRNMMC. "Quitting is hard, but you can increase your chances of success if you get help."

Most people know that using tobacco can cause

Ditch the Lighter,
Trash Your Pack

GREAT AMERICAN
SMOKEOUT

Thursday, November 19, 2015

Almost a quarter of service members smoke cigarettes. Lighten your load by quitting today. Lose the cigarettes and find your tobacco-free life. Get started at UCanQuit2.org/Ready2Quit

QUIT TOBACCO
UCanQuit2.org

COURTESY GRAPHIC

lung cancer, but few are aware it's also a risk factor for many other kinds of cancer, including cancer of the mouth, voice box (larynx), throat, esophagus, bladder, kidney, pancreas, cervix, stomach,

and some forms of leukemia, explained Mesnak.

"It's also linked to a number of other health problems, from heart disease and emphysema to stroke" Mesnak said.

The American Cancer Society suggests five keys for quitting:

1. Get ready — set a quit date
2. Get support and encouragement
3. Learn new skills and behaviors
4. Help a smoker quit
5. Be prepared for a relapse or difficult situations

To learn about the available services, get more information or make an appointment, call Integrated Health Services at 301-295-0105 or 295-8773. You can also find free tips and tools online at www.cancer.org/smokeout; www.ucanquit2.org; www.chewfree.com; www.smokefree.gov; or call the American Cancer Society at 1-800-227-2345. The Society also offers applications on social networks like Facebook to help you quit or join the fight against tobacco.

We've got you covered for
*Memory Care, Senior Living,
Nursing & Rehabilitation*

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names. By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.



ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton
800.736.4427



Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.
Baltimore 410.719.8670



Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410





| | | |
|----------------|----------------|---------------------|
| ITT | 11/26 11/27 | CLOSED CLOSED |
| Liberty | 11/26 | CLOSED |
| Bowling | 11/26 | CLOSED |
| CDC | 11/26 | CLOSED |
| Fitness Center | 11/26 11/27 | CLOSED 0800-1700 |
| Warrior Café | 11/26 | 0800-1500* |

* Continental breakfast 0800-0930

Make SMART MONEY Moves

By BRIAN PAMPURO
Fleet and Family Support Center

Most people wait until Dec. 31 to begin thinking about their goals and what they want to accomplish in the coming year. It is advantageous for you to take a long-term approach to allocating your resources and manage your finances well. In order to truly take advantage of the opportunities that the New Year will bring you need to begin positioning yourself to prosper today.

Here are a few smart money moves you can make right now that can put more money in your pocket or purse in 2016 and help you prepare for your financial future:

1. Annual benefits enrollment.
* Take advantage of flexible spending accounts, health savings account tuition reimbursement programs.
2. Consider retirement plan contributions (Thrift Savings Plans, IRA's, 401k's).
 - Increase your percentage of annual contributions.
3. Consider charitable contributions.
 - Receive a tax advantage by gathering clothing, household goods and other assets to donate.
 - Can you increase your monetary contributions to charities and organizations? Can you increase them?
4. Consider your credit reports/credit management.
 - Set up a "power payment plan" and discipline yourself to reduce your credit debt and credit usage.

- Ensure that your credit reports are reflecting your true credit management in the consumer market place.
5. Review your overall investment portfolio.
 - Evaluate performance, reallocate and balance your portfolio.
 - Consult with an accountant or broker about offsetting any gains with losses for tax savings.
 6. Consider your preventive law needs.
 - Are your wills, power of attorney and advance medical directives current?
 - Has your family dynamic changed in the last year? Are your designated beneficiaries current for your assets and insurance?
 7. Consider your retirement planning.
 - Are you thinking about retiring from the military or as a federal employee this year? Now is the time to start your planning and preparing for your transition.
 8. Consider visiting a Personal Financial Manager at the Fleet and Family Support Center and allow us to assist you in your financial planning.
 - Lee Acker — Ph: 301 295-5081 E-Mail: lawyer.l.acker4.civ@mail.mil
 - * Steve Harris — Ph: 301-400-2413 E-Mail: steven.r.harris4.ctr@mail.mil
 - Brian Pampuro — Ph: 301 400-2414 E-Mail: brian.d.pampuro.civ@mail.mil
- Remember, acquiring a wealth mindset requires long-term planning and execution. Knowledge correctly applied is power!

Veterans Honored At WRNMMC



By **BERNARD S. LITTLE**
WRNMMC Public Affairs
staff writer

Honoring all veterans – those who served and those who continue to wear the uniforms of the U.S. Armed Forces – Walter Reed National Military Medical Center (WRNMMC) held a special ceremony following morning colors Nov. 12 in front of the Tower.

Retired Master Chief Hospital Corpsman Brian D. Pampuro, who served 30 years in the U.S. Navy, was guest speaker during the ceremony saluting the nation's heroes a day after Veterans Day — the federal holiday which also marks the day major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, originally called Armistice Day.

Although he no longer wears his Navy uniform, Pampuro still serves troops and their families as the financial educator and counselor at the Fleet and Family Support Center on Naval Support Activity Bethesda, said WRNMMC Acting Director Army Col. Michael Heimall in introducing the retired master chief at the Veterans Day ceremony.

"Veterans Day gives us an opportunity to extend our thanks and gratitude to the many men and women who went before us in uniform," Pampuro said. "It also gives us an opportunity to recognize the

efforts and contributions of you who are still serving.

"I might add that this is a perfect time for self-reflection on your own service, accomplishments and your commitment to the overall mission of the greatest military in the world," Pampuro continued.

The retired master chief reflected back to when he was in the fourth grade growing up in New Britain, Conn., in 1968. "As part of a Memorial Day observance, we marched to a small green, laid a wreath and paid homage to our local veterans who had died in World War II," he recalled. "I was asked to read a passage at the ceremony, and I was honored to do that, but even more so I was incredibly in awe of those veterans – heroes who I would regrettably never get to meet or hear the stories about their adventures and experiences they might have told.

"Little did I know on that day my own life's path would take me on a 30-year Navy journey, and that I would someday earn the title of 'veteran,' a title that I am most proud of," Pampuro said.

He explained to "earn the title of veteran" means "having the opportunity to serve and protect the cloth of our nation. We vowed in our oath of enlistment or commissioning that we would support and defend the Constitution of the Unit-

See **VETERANS**
Page A9

Retired Master Chief Hospital Corpsman Brian D. Pampuro, a Navy veteran, serves as guest speaker during a special ceremony saluting veterans on Nov. 12 following morning colors.

PHOTO BY BERNARD S. LITTLE

THE UNITED STATES AIR FORCE BAND
WASHINGTON, D.C.
COLONEL LARRY H. LANG, COMMANDER AND CONDUCTOR

Spirit of the Season

Tuesday, December 1 at 8 p.m.
Strathmore Music Center
North Bethesda, Md.

Saturday, December 12
3 p.m. & 8 p.m.
DAR Constitution Hall
Washington, D.C.

FREE! Tickets required.
Please visit our website for info.

www.usafband.af.mil

It Is Our Honor to Serve You



Our Combat2College (C2C) provides academic and social opportunities and appropriate resources for all veterans and active and reserve service members.

Some features of our unique program include:

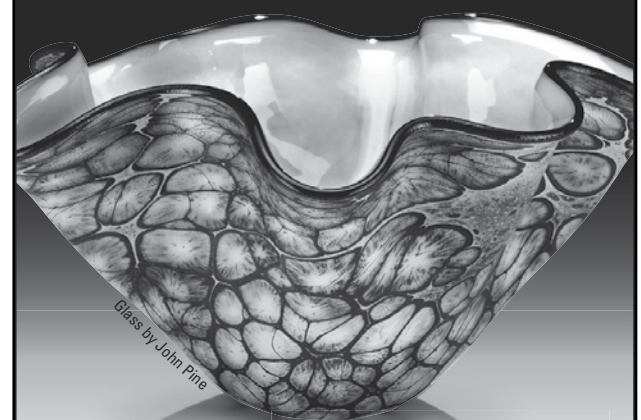
- Opportunities for financial assistance
- Gathering spaces for veterans and service members—on all campuses

Montgomery College earned recognition as a top school in the 2016 MAE&T Guide to Colleges & Universities Research Study. The College was just one of 25 community colleges nationally to earn a "best for vets" honor by Military Times.

Contact Joanna Starling at 240-567-7103 or visit montgomerycollege.edu/combat2college

Montgomery College

MEET 400 ARTIST ENTREPRENEURS IN PERSON!



Biggest Show of the Year!

- Unique Gifts
- Designer Crafts
- Home Furnishings
- Affordable Art
- Specialty Foods
- Family Fun

SUGARLOAF CRAFTS FESTIVAL®

NOVEMBER 20, 21, 22, 2015
Montgomery County Fairgrounds
Gaithersburg, MD • EXIT 11 OFF I-270
Admission \$8 online, \$10 at the door - good all 3 days
Children under 12 and parking are FREE
Fri. & Sat. 10-6, Sun. 10-5

DISCOUNT TICKETS, show info, exhibitor lists, directions and more at:

SugarloafCrafts.com

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

Rehabilitated Raptors Visit Wounded Warriors



PHOTOS BY MC3 HANK GETTYS

“My birds are warrior birds – eagles, falcons, kites – and all those birds, they’re warrior birds and my birds are all wounded, that’s why I have them,” said Jo Santiago, a wildlife biologist and raptor rehabilitation specialist with the U.S. Forest Service’s international program during a presentation at Naval Support Activity Bethesda Nov. 13.

By ANDREW DAMSTEDT
NSAB Public Affairs
staff writer

One bird was wounded by a Doberman pinscher after falling out of a nest, while the other birds of prey that recently came to Naval Support Activity Bethesda (NSAB) received their injuries after getting struck by vehicles when hunting along a roadside.

“My birds are warrior birds – eagles, falcons, kites – and all those birds, they’re warrior birds and my birds are all wounded, that’s why I have them,” said Jo Santiago, a wildlife biologist and raptor rehabilitation specialist with the U.S. Forest Service’s international program.

She recently started taking her rehabilitated birds to Department of

Veterans Affairs’ hospitals and Friday’s visit to NSAB was her first to an active-duty installation. She said the purpose of her visit with the birds was to bring a message of hope to wounded service members and their families.

“You can overcome anything,” Santiago said. “There’s power within you that’s untapped. If these birds can overcome obstacles and injuries, what can we do as people?”

Freedom, a 16-year-old bald eagle, had his tail feathers ripped out by a Doberman pinscher when he was young. That attack damaged his feather follicles, Santiago said, which made it so Freedom couldn’t grow in healthy tail feathers. That has affected his

ability to stop and steer while flying, she said.

Freedom’s been used by the American Eagle Foundation since his injury as an education bird and is trained to fly over audiences. So, after Santiago started visiting veterans and wounded service members, she asked the foundation whether they had a bald eagle she could use in her presentations.

“I had to get a bald eagle to bring to them as a small way to honor them,” Santiago said.

Another bird Santiago showed the audience on the patio by Building 11 was Ty – a red-tailed hawk. Ty was struck by a car while hunting along a roadside and one of his wings became paralyzed for life.

“Although Ty cannot

fly, he’s not helpless,” she said.

One example, she said, was when they were hanging out on a soccer field before a presentation, and the untethered Ty took off running because he wanted to get up higher.

“I took off running after him,” she said. “So, I’m running after him, and I caught him before he got to the tree line and he could’ve easily jumped to the top of the tallest tree. Because he can jump seven feet on a horizontal ... and on a vertical he can go 39 inches straight up.

“So he’s not helpless by any means, he doesn’t let that wing slow him down one bit,” she said.

Santiago has been working with birds of prey for the past 26 years and Ty has been with her for the past 19 years, going with her to various demonstrations. At Friday’s demonstration, Santiago said she could tell by signs he was giving her that he was ready to go back home to West Virginia after their week of visiting various places.

She also brought Doc, a broad-winged hawk, who suffered a concussion after getting hit by a car, as well as Obadiah, an Eastern screech owl, who became blind in one eye



after a vehicle accident.

“The next bird is the original F16,” Santiago said. “What’s the F16? Anybody?”

“Falcon,” an audience member responded.

“Bingo. A fighting falcon,” Santiago said, while holding Zacchaeus, a merlin falcon who got a dislocated elbow after a getting struck by a vehicle.

She said merlins are tenacious hunters and hone in on their prey like a missile; and are hardly ever seen by humans.

“It is so rare to see a merlin,” she said. “Most people never ever, ever get a chance to see a merlin. Although you don’t realize it, it’s something really special for you to see.”

After educating the audience about the birds, Santiago invited interested parties to come up and hold Obadiah under her supervision.

“I have to wake him up, because this is the time he’s asleep,” she said.

The Eastern screech owl is a bird that is common to the area, and Santiago said “you’ve probably all passed by one roosted up in a tree, you’ve probably passed within feet. I’m sure they’re right here on base, you just didn’t know it was there because they are so good at camouflage.”

Santiago said she enjoyed her first visit to the base and hopes to bring her rehabilitated birds back.



Lung Cancer Summit Focuses on Treatments, Research

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

“I am truly blessed to be here today,” said John Ryan.

Diagnosed with incurable lung cancer two years ago, Ryan, 70, was a guest speaker at the John P. Murtha Cancer Center’s Annual Lung Cancer Summit Nov. 12 in the National Intrepid Center of Excellence at Walter Reed National Military Medical Center (WRNMMC).

“It’s a very humbling experience,” Ryan said of his battle against lung cancer, the No. 1 cancer killer in the U.S., according to the Centers for Disease Control and Prevention (CDC). The CDC indicates approximately 200,000 people in the U.S. are diagnosed with lung cancer annually, and about 150,000 people in the country die from the disease each year.

Navy Cmdr. Elena Prezioso, director of the lung cancer screening program at WRNMMC, explained the challenge with lung cancer is it usually doesn’t present itself until it’s advanced, as was the case with Ryan.

Navy Cmdr. (Dr.) Joel A. Nations, chief of medicine at WRNMMC, added the Murtha Cancer Center, the only Department of Defense Cancer Center of Excellence in the Military Health System, has developed an effective lung cancer screening program which can help identify high-risk patients early and treat them.

“Most of the time, it’s a curative treatment,” Prezioso said. The screening includes a low-dose

computerized tomography or CT scan, she added.

Ryan, a non-smoker who served in the U.S. Navy for nearly 30 years, said he first noticed symptoms in April 2013 when he began coughing up blood. A CT scan revealed a mass. He recalled Lt. Cmdr. (Dr.) Corey Carter, chief of thoracic oncology for the Murtha Cancer Center, telling him, “You have stage IV adenocarcinoma. You probably have nine months to survive without treatment and 18 months to survive with treatment.”

“I thought, I have a son who is due to graduate from college with an aerospace engineering degree, and I would probably miss that; and a daughter who is to [study abroad for a semester] in Europe, and I would probably miss that,” Ryan said. He added Carter immediately set up a treatment plan for him.

Initial treatment for his cancer did little to shrink the mass, Ryan explained. Carter then suggested immunotherapy, and Ryan was accepted into a clinical study. Since then, his tumor has been reduced, and he watched his son graduate from Virginia Tech.

Ryan called the providers at WRNMMC and the Murtha Cancer Center, “truly dedicated medical professionals. I ask you continue with your selfless dedication to your profession,” he added.

In addition to Ryan, other speakers at the symposium discussed tobacco and nicotine products; understanding the risks of developing lung cancer

See **SUMMIT**
Page 10

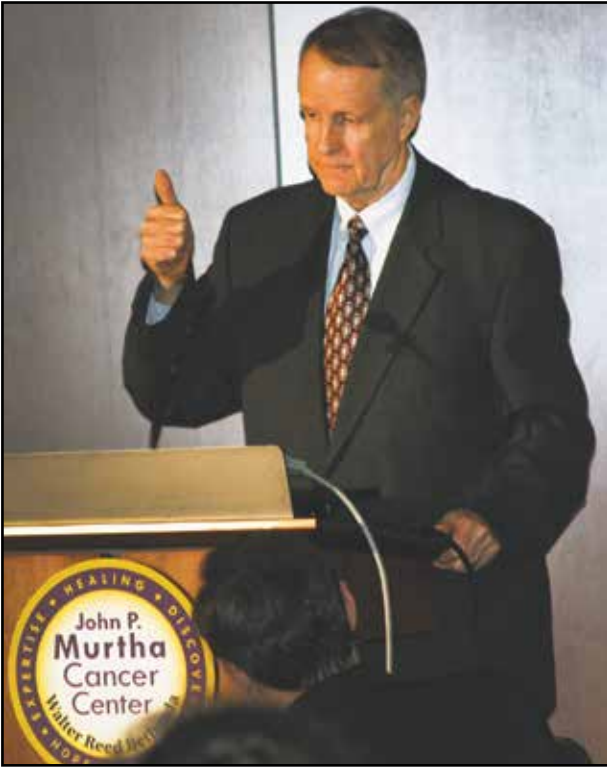


PHOTO BY BERNARD S. LITTLE

Navy retiree John Ryan gives the thumbs up in explaining the care he has received for his lung cancer during his presentation at the John P. Murtha Cancer Center’s Annual Lung Cancer Summit on Nov. 12. Ryan was diagnosed with incurable lung cancer two years ago. He joined an immunotherapy study and his tumor has been reduced.

Force of the Future Looks to Maintain U.S. Advantages

By **JIM GARAMONE**
DoD News Features, Defense Media Activity

“Permeability” is a word that will be heard a lot in relation to Defense Secretary Ash Carter’s new Force of the Future program.

Brad Carson, one of the architects of the program and the acting undersecretary of defense for personnel and readiness, spoke about the concept and the program during a recent interview.

DoD officials are looking for permeability between the private and public sector, between the active-duty force and the reserve components and between military and civilian life.

U.S. Military is Superb

The baseline for the Force of the Future is today’s military: it is superb, Carson said. In the past 14 years, DoD has fought two wars, maintained alliances around the globe and responded to humanitarian disasters in Japan, Indonesia, Pakistan, Haiti, Liberia and the United States.

While, technology and systems play a part in American military dominance, it is the people of the department that are the real advantage. “There is no guarantee that will continue in the future,” Carson said. The Force of the Future is designed to ensure DoD maintains its most precious resource: its people, he said.

The program covers a number of different initiatives to ensure the military remains attractive to those who wish to serve. This runs from putting in place a blended military retirement system to attracting the best and brightest civilian employ-

ees. It also seeks to incorporate the best practices from the private sector.

Defense Digital Service

Carson called one of the initiatives, the Defense Digital Service, potentially transformative. The department will bring in technology entrepreneurs for a few months or years to share their product development or project management skills.

“I envision that Defense Digital Services will be mostly made up of tech people who come in from the outside for a very short time,” he said. “It’s quite possible that defense employees will work alongside them, but the core of the DDS will be tech workers, tech entrepreneurs — skilled IT professionals working at America’s leading companies.”

The key is small groups working discrete problems, he said, noting tech companies today use “agile development” as their mantra, employing small teams that get products designed and in use quickly.

Effecting Change

“The only way change ever happens is when small groups are committed to it,” the undersecretary said. “In Silicon Valley they say any group that can eat more than two pizzas at a time is too large to get anything done.”

The world-shattering products that Americans use in daily life began with a few men and women working on them. “Then the power of the idea, the beauty of the product sells itself,” he said. “And that’s what we envision here. There are great



COURTESY GRAPHIC

products that we can get DDS to work on. The power of the skills they bring in will help change the culture and have a direct impact on some of the knottiest problems that we have.”

Almost everything the department does now is embedded with information technology, from digitizing and sharing health records to forming databases for documenting sexual assault.

How these teams approach problems will rub off on DoD employees, Carson said. “There are alternative ways to think about problems, there are alternative ways to go about procurement. They will bring in the best practices that they see every day [and] that they take for granted at their companies,” he said.

An example is at Google and Facebook. On their

See **ADVANTAGES**
Page 11

WARRIOR

CONTINUED FROM PAGE 1

there and acts her normal self, happy, strong and keeps everyone really pushing forward," Deskin said. "She never takes credit for the amount of stuff she actually does. She does a lot, not only for me but for a lot of other people here in Bldg. 62 (Tranquility Hall)."

Reconditioning

Enlisting in the Army Reserves in 1978, Army Reserve Sgt. Steven Betancourt is much older than most of his peers who live in Tranquility Hall. Recovering from a spinal fusion, two total hip replacements and a series of diabetic complications, he'll soon begin physical therapy. "If I were younger I would bounce back faster," he said. Betancourt deployed twice, once to Iraq, and the second time to Afghanistan, when he was MEDEVAC'd to WRNMMC February 2014.

"He's all I've got. He deployed, I deployed, too," explained his wife of 35 years, Theresa, who manages his medicine and serves as an advocate for her quiet and reserved husband, a man of few words. She is his source of strength, he indicated by pointing a finger at his wife.

Recovery has been slow for the Queens, N.Y. native. His major mile-

stones include rising from the wheelchair he used for a year, eliminating a walker, and moving on to his cane. The grandfather of four said returning home will be a challenge: back to the normal chaos and crowded subway, away from the "cocoon" of WRNMMC.

Reintegration

Six months ago, Marine Gunnery Sgt. Ralph DeQuebec and his wife Katie moved out of Tranquility Hall and into to an apartment of their own off base, away from the "bubble" of ADA-compliant suites and walkways that made it "easy" to get around. He said wanted to transition on his own terms: more responsibility, paying rent, and learning to navigate the real world with his prostheses.

Trained to disarm improvised explosive devices, DeQuebec knew there was a possibility he could be injured on the job like many of his friends. The explosive ordnance disposal technician who was injured on June 21, 2012 in Afghanistan has endured more than 30 surgeries, his most recent a year ago. With bilateral above-the-knee amputations, he hand-cycles, plays lacrosse, rugby and hopes to qualify for the Paralympic sled hockey team next year. The defense-man said he began playing sled hockey during his search for identity two

years ago.

"Success is bred through competition," DeQuebec said, crediting his peer mentors, wife, and childhood for his strength.

Injured in a stateside recreational accident, Navy Master Chief Petty Officer John D. Perez, a flag writer at the Pentagon, said he draws strength from the Wounded Warriors recovering alongside him in the Military Advanced Training Center (MATC) at WRNMMC.

"Sometimes I feel like I don't belong," he said. "When I get here they have such a positive attitude," Perez said. Seeing their strength gives him strength to power through his physical therapy. The Wounded Warriors give him perspective, he said.

After surgery to both his knees and tendon repair in February, Perez spent the last nine months healing. He spent four months on a walker, later moving to crutches, and from two canes to one. On his first day running assisted by a machine, Perez reflected on his recovery experience. "It was a feeling of accomplishment."

"I went into my own state of depression, not able to get in and out of bed on my own," the Sailor said. Without an appetite, he lost nearly 30 pounds during his first six weeks in recovery, spending 44 days on bedrest and 78 days out of work. Now working full-time, Perez said every time he works

out at the MATC he's humbled.

Remaining Strong

These days, a three-year-old Belgian Malinois service dog named Chuck accompanies former Army Sgt. Marco Robledo on his trips to the University of Maryland University College to earn a bachelor's degree and to the MATC at WRNMMC to remain strong.

Robledo lost his left arm and leg to a roadside bomb in Balad, Iraq on May 26, 2007. His more than 30 surgeries also repaired injuries to an eye and ear, face, lip and treated burns. During his two years recovering at the former Walter Reed Army Medical Center, he said his mom was his source of strength. "She's still my cheerleader," Robledo said, but now a goal and milestones also motivate him.

"Not everything happens the way you want it to happen," he explained. "Life is not a race." He said there is no set pace. "Focus on your own happiness, trust your conscience, that your values will lead you to your goals in life," said Robledo, who came to acceptance earlier this year by "Learning to let go," he said.

For more stories and photos of these Warriors, visit the WRNMMC Facebook Page: <http://on.fb.me/14KgLCS>

Beautiful & Affordable Apartments ALL Utilities Included! Just Minutes From Walter Reed!



Military Benefits Package:

- NO Application Fee!
- NO Credit Check!
- NO Security Deposit!

**All Active &
Retired Military
Members Receive
\$100 Off Rent
Per Month!**



Call Now For A Tour & Availability

301.949.1215
10225 Frederick Ave.,
Kensington, MD 20895

DIGNITY. SECURITY. FRIENDSHIP.



VINSON HALL RETIREMENT COMMUNITY

Vinson Hall Retirement Community is a nonprofit CCRC located in convenient McLean, VA and offers independent residential living for military officers, their immediate family, and select government employees of equal rank.

Arleigh Burke Pavilion Assisted Living and The Sylvestery Memory Support Assisted Living do not require military affiliation.

VINSON HALL
RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation
6251 Old Dominion Drive, McLean, VA 22101
Please Visit Us at www.vinsonhall.org
703-536-4344



VETERANS CONTINUED FROM PAGE 5

ed States of America against all enemies, foreign and domestic. That we would bear true faith and allegiance to the same.

"We are charged with the privilege of protecting the freedoms of our citizens and to keep them safe from harm and the threat of oppression and terrorism," Pampuro said.

"As veterans, our service and sacrifices are woven permanently in the fabric of our flag," he added. "The protection of our flag and all that it represents is the greatest achievement for any veteran."

Pampuro said whether enlisted or commissioned, Soldiers, Sailors, Marines and Airmen are held to a higher standard by virtue of the uniforms they wear. "Whether we realize it or not, we're setting an example for others, military and civilian, to emulate."

"Being a veteran means having the opportunity to serve with some of the finest people on the face of the earth [who are] some of the sharpest, intelligent, humorous, dedicated and selfless people [there are]. I am proud to be a veteran, and so should you [be]," the retired master chief said.

He concluded his remarks by asking those in attendance to shake the hands of others around them, "Thanking them for what they do every day" for the country at the nation's medical center.

President Barack Obama shared similar sentiments in saluting veterans during his remarks at the Veterans Day Commemoration Ceremony in Arlington National Cemetery, Nov. 11. The president noted this year marks 70 years "since our victory in the Second World

War...we pay special tribute to a generation that literally saved the world."

In his 2015 proclamation for Veterans Day, the president stated, "Our true strength as a Nation is measured by how we take care of our veterans when they return home. No one who fights for our country should have to fight for the care they deserve," he added.

"Our veterans left everything they knew and loved and served with exemplary dedication and courage so we could all know a safer America and a more just world. They have been tested in ways the rest of us may never fully understand, and it is our duty to fulfill our sacred obligation to our veterans and their families. On Veterans Day, and every day, let us show them the extraordinary gratitude they so rightly deserve, and let us recommit to pledging our full support for them in all they do," the president stated.

Also on Nov. 12, the president awarded the Medal of Honor (MoH) to retired Army Capt. Florent Groberg, who was severely injured after tackling a suicide bomber to save his patrol in Afghanistan in 2012. Groberg, who spent nearly three years at WRNMMC recovering, accepted the MoH from the president on behalf of the four men with his patrol who were killed that day: Army Command Sgt. Maj. Kevin J. Griffin; Army Maj. Thomas E. Kennedy; Air Force Maj. Walter D. Gray; and foreign service officer Ragaei Abdelfattah.

"Four heroes, true heroes in this case, individuals who gave it all," Groberg said. "This medal belongs to them."



PHOTO BY BERNARD S. LITTLE

Service members pay respect to the nation during morning colors on Nov. 12 at Walter Reed National Military Medical Center (WRNMMC). Following the raising of the flag, WRNMMC held a special ceremony observing Veterans Day.

GET MORE

3x

the points
at restaurants

2x

on gas

1x

on everything else



Any time you spend, you earn more rewards.*

**NAVY
FEDERAL**
Credit Union

APPLY TODAY!

navyfederal.org 1.888.842.6328

Federally insured by NCUA. *GO REWARDS credit cards earn 3 points for every \$1 of net purchases made at restaurants, 2 points for every \$1 of net purchases made for gas, and 1 point for every \$1 of other net purchases. A GO REWARDS restaurant or gas purchase may only earn 1 point per dollar spent, depending on the merchant code used to process the transaction. Restaurants located within another establishment (e.g., hotel, casino, commissary, grocery store, event venue) may be ineligible, in which case you will receive 1 point per dollar spent at these locations. In addition, superstores, supermarkets and warehouse clubs that sell gasoline are not considered gas stations, so you will earn 1 point per dollar spent at these locations. Rewards only earned on eligible net purchases. "Net purchases" means the sum of your eligible purchase transactions minus returns and refunds. Eligible purchase transactions do not include, and rewards are not earned for, the following transactions: cash advances, convenience checks, balance transfers, or fees of any kind, including annual fees, finance charges, late fees, returned check fees, ATM transaction fees, and foreign transaction fees. In addition, Navy Federal cash equivalent transactions, such as the purchase, loading, or re-loading of Navy Federal gift and prepaid cards (e.g., Navy Federal gift cards, Visa® Buxx Cards, GO Prepaid Cards), are also not eligible for purchase transactions and do not earn rewards. For more information, view the GO REWARDS Program Description Guide at navyfederal.org. © 2015

Navy Federal NCU 13400 (10-15)



MILITARY RETIREES* & ACTIVE-DUTY FAMILIES:

freedom | trust | choice

If you're eligible for

TRICARE Prime,[®]

you have a choice.

EXERCISE YOUR FREEDOM OF CHOICE:

The Department of Defense gives you

outstanding options for TRICARE Prime, including

the Johns Hopkins US Family Health Plan.

Receive all of your TRICARE Prime

benefits and more from one of the most


trusted names in medicine.

Request a free information packet or reserve a seat


at a free information briefing in your area:

Call 1-888-294-1129 or

ChooseHopkinsToday.org/NN

JOHNS HOPKINS
MEDICINE

US FAMILY HEALTH PLAN

TRICARE[®]

*Military Retirees under age 65 with TRICARE eligibility can enroll in the Plan.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

SUMMIT

CONTINUED FROM PAGE 7

and early detection; the histology of lung cancer; interventional pulmonology in lung cancer; modern surgical treatment of lung cancer; combining radiation and immunotherapy in treatment of lung cancer; targeted therapy in non-small cell lung cancer; the role of palliative care in the treatment of lung cancer; and the tri-federal cancer initiative.

Carolyn Mesnak, public health educator for Integrated Health Services in the General Internal Medicine Department, facilitates the tobacco cessation program at WRNMMC. She discussed tobacco and nicotine products, explaining that in addition to traditional tobacco products such as cigarettes, cigars, pipes and smokeless tobacco, people are now getting

nicotine through vape pens, electronic cigarettes, hookahs and second-hand smoke.

Discussing the histology of lung cancer, Dr. Teri J. Franks, senior pulmonary and mediastinal pathologist in the Department of Defense Joint Pathology Center, said, "Interim imaging is critical" in diagnosing the disease, which Navy Cmdr. (Dr.) Jared L. Antevil, described as still for the most part, "a non-surgical disease."


Antevil, chief of cardiothoracic surgery at WRNMMC, explained lung cancer is primarily a non-surgical disease unless a patient is "fortunate enough to present early" increasing the chances for surgery and survivability. He added, "Lung cancer kills more than prostate, breast and colorec-

tal cancers combined. It's all about finding the lung cancer when it's localized and taking it out."


Army Col. (Dr.) Craig D. Shriver, director of the Murtha Cancer Center, explained the annual lung cancer summit is "intended to provide researchers and clinicians an opportunity to find out the latest advances in the treatment of lung cancer, including early detection, advances in surgical techniques, molecular analysis, targeted therapies in development, treatment options to include advanced radiation, endobronchial techniques, palliative therapy and survivorship." The summit is held annually in November, which is observed as Lung Cancer Awareness Month, and the Great American SmokeOut is observed on the third Thursday of each November.

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.

Maryland Homefront


gave us a reason to celebrate



Eligible veterans and active duty applicants can receive a

.25% lower MMP mortgage rate and a federal tax credit.

MMP.MARYLAND.GOV/HOMEFRONT



ADVANTAGES CONTINUED FROM PAGE 7

first day, new employees are expected to write code and apply it to products. In DoD, that might not happen for a year. "They are doing things in smaller batches, iteratively, if it fails they recalibrate," he said. "It's just a different way to do business — a better way to do business, I think."

Coming Initiatives

The blended military retirement system kicks in Jan. 1, 2018. Those on duty before then will continue to be covered by the current retirement system.

"I think the force will

find this to be a great benefit to them and it's a change all for the better," Carson said. "While those currently serving will not be affected by the current retirement changes, ... if you served less than 12 years, you will have the opportunity to change over into the blended retirement system, [but] no one will be compelled to do so."

Another initiative is the entrepreneur-in-residence program. This is a pilot program that will embed entrepreneurs in-

side DoD to examine some chronic problems within the department, Carson said. "I expect they will be working at the intersection of defense policy and business," he said. "I really envision it that we bring people in who are very creative, who are extraordinarily energetic. And we say, 'We're setting you loose. Go find interesting projects you think you might add value to.' We want people who are divergent thinkers, who can energize the building."

The Force of the Future will expand the career intermission program. This program allows person-

nel to take sabbaticals from the military to raise a family, get a new degree or explore other career opportunities. "I don't envision there will ever be a world where a large portion of the force will take a sabbatical, but I do think you will see some of the most important people who will rise over time to the senior leadership of the services will take sabbaticals," he said.

Participants would transfer to the individual ready reserve and wouldn't count against active-duty end strength. They would still be covered under TRICARE, and

they would shift year group so promotion potential is not thwarted, he said. Carson added that he would like to see the services experiment with eliminating the "pay back" obligation under the program.

Shifting Between Active-Duty, Reserve Service

The Force of the Future also wants to make it easier for the services and service members to shift back and forth seamlessly between the active-duty force and the reserve components and vice versa. "Right now, it's a very hard thing to do," he said. "We'd like to make it a world where

any service can say, 'Hey, there are people in the RC that we need to bring them back into the AC.'"

The department wants a two-way street between the private sector and the department. "It's not a world where you have to come to DoD and spend the next 40 years — if you want to do that you can," Carson said. "But you can come in for a year or two and make a big impact, and then go back to the private sector. And then maybe come back again in five or 10 years. That's the kind of permeability that benefits both the private sector and DoD."



COURTESY GRAPHIC

Classifieds

Call 301-670-2503

Misc. Services

Earn all your Pilot Ratings at NAFG

Private Pilot through Multi Engine ATP
Use your GI, 9/11 or VA Bill
100% coverage of training cost

St. Mary's County Regional Airport, California, MD (2W6)
301-373-4505

Lee Airport Edgewater, MD (ANP)
410.956.8751

www.nafcflflying.org
nafc_hq@nafcflflying.org

Wanted to Buy

Small collector pays CASH for Coins/Collections/Gold.
Will come to you.
Call Al at: 301-807-3266

When you run your ad in our military newspapers and on our website you'll get your stuff SOLD!



Higher Education School Profiles and Resources.

Helping You Make the Right Choice.

dcmmilitaryEd.com

dcmmilitary.com

Military Publication Account Executive

The Military Newspapers of APG Media of Chesapeake is in search of a full time Account Executive to join our team!

This position will sell and service local and regional accounts as assigned and/or located within a geographical territory. The primary sales effort will be to solicit current and new business prospects to use one or more of the publications and website in our product portfolio. Generally, the Account Executive will be focusing on several publications at any given time that are published monthly, quarterly or annually. This position will report directly to an Advertising Sales Manager as well as work with members of their team and Advertising Director and Digital Sales Director of the region. The ideal candidate will be self-motivated, have effective presentation skills, creativity, strategic thinker, idea generator, good oral and written comprehension, deductive reasoning, strong work ethic, high computer aptitude, effective public speaking and ability to present to senior marketing executives and business owners. Preferred primary location will be the DC Metropolitan Region area or in the nearby communities.

The Military Publications of APG is part of a larger family of media holdings APG Media of Chesapeake, LLC. APG's Maryland, Virginia and DC properties include thirty-two publications, nine websites, and five mobile apps. These products cover fifteen counties in the two states and the District of Columbia and each week nearly 1.4 million people read the content they produce.

For all interested candidates, please email resumes to hr@chespub.com

APG Media of Chesapeake LLC is an Equal Opportunity Employer and does not discriminate against applicants due to race, ethnicity, gender, veteran status, or on the basis of disability or any other federal, state or local protected class.

Visit us online at dcmmilitary.com



Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars
BETHESDA

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos used for advertising purposes only.

Member: Jay Rodriguez
U.S. Navy Reserve

14 Years of Active Duty 3 Years Enlisted 7 PCSs
POLICY# 5143271181 1 Auto Claim
2 Grade Schoolers 11 Years of Marriage 8 Road Trips

To us, it's what's behind the number that matters.
Your family, home and car — we help protect what matters to you. At USAA, we provide military members, veterans and their eligible families with an unrivaled level of service. It's why 92% of our members plan to stay for life! USAA. We know what it means to serve.

★ **GET A QUOTE.** usaa.com/insurance or 800-531-USAA (8722)

*Based on 2015 Member Communications Trend Survey. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products, or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. To be eligible for auto and property insurance, separated military personnel must have received a discharge type of Honorable. Eligible former dependents of USAA members may purchase auto or property insurance if the member obtained USAA auto or property insurance. Property and casualty insurance provided by United Services Automobile Association, and its affiliate property and casualty insurance companies, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. Members were compensated for their participation. © 2015 USAA. 222759-1015